

Healthy Swimming

Six “P-L-E-A-s” for Protection Against Recreational Water Illnesses (RWIs)

PLEASE don't swim when you have diarrhea...this is especially important for kids in diapers.

PLEASE don't swallow the pool water.

PLEASE wash your hands with soap and water after using the toilet or after changing diapers.

PLEASE take your kids on bathroom breaks often.

PLEASE change diapers in a bathroom and not at poolside.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming.

